



**For Immediate Release
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**Contact: Vanessa Gulati
617-626-1119**

**MASSACHUSETTS DEPARTMENT OF CONSERVATION AND RECREATION
UNVAILS 12-MINUTE DVD OF UNIVERSAL ACCESS PROGRAM**

The Massachusetts Department of Conservation and Recreation's (DCR) Universal Access Program (UAP) has made a 12-minute DVD showing folks with disabilities having fun using various accessible equipment while enjoying various adaptive recreation opportunities offered throughout the Commonwealth.

The Universal Access Program invites people with disabilities and their friends and families to participate in winter activities, which are held primarily on weekends in January, February, and March, and spring, summer and fall activities, which take place Monday through Friday and are held primarily in June, July and August.

Activities offered in the winter include ice skating, cross-country skiing, snowshoeing, kick sledding, and more Spring/summer and fall activities include cycling hiking, fishing, kayaking, canoeing, rowing, camping, nature programs, horseback riding, bird watching and more.

The Universal Access Program provides recreational accessibility to state and urban park facilities for individuals with disabilities, their families and friends. For persons with disabilities, free use of accessible equipment, such as sit skis and hand cycles. The program also offers skilled instructors and volunteers who provide equipment, instruction, support and safety.

The Universal Access Program strives to increase the participation among persons with disabilities who participate in indoor and outdoor recreational activities in integrated settings. "Our Universal Access Program is one of the most innovative and groundbreaking programs in the nation," said DCR Commissioner Stephen H. Burrington. "It has helped to make our state and urban park recreation programs more inclusive, so that people with disabilities can participate independently or with their friends and families in a wide variety of activities." For additional information on DCR's Universal Access Program and a schedule of activities, go online to http://www.mass.gov/dcr/universal_access/index.htm

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COMMONWEALTH OF MASSACHUSETTS · EXECUTIVE OFFICE OF ENVIRONMENTAL AFFAIRS

Department of Conservation and Recreation
251 Causeway Street, Suite 600
Boston MA 02114-2119
617-626-1250 617-626-1351 Fax
www.mass.gov/dcr



Mitt Romney
Governor

Kerry Healey
Lt. Governor

Stephen R. Pritchard, Secretary
Executive Office of Environmental Affairs

Stephen H. Burrington, Commissioner
Department of Conservation & Recreation